



St Paul's C.E. First School  
 Newsletter ~ Friday 19th July 2019  
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**School News**

I can't believe we are at the end of another school year; this one has flown by so quickly and I am proud of all that the children have achieved.

We say goodbye to Mrs Pace and Mrs Jones today who will both be missed by us all. I'd like to thank them both for all that they have done for the school during their time with us.

We also say goodbye to Mrs Clews and Mrs Gibbon who will not be returning in September as our cover teachers. They have both been at the school for over 20 years and have contributed so much to school life at St Paul's over the years. Again, we will miss them both dearly but we will still see them in school for any supply cover that we need from time to time.

Finally we say goodbye to Mrs Lorna Jones, our Chair of Governors. Lorna has been involved with the school for over 30 years and has given up so much of her time, voluntarily, to help the various headteachers over the years run the school and to improve the quality of teaching and learning at St Paul's. We had a special assembly in school on Monday for Lorna where the children sang some lovely songs, as well as presenting her with homemade cards. We will all miss Lorna's involvement with the school but look forward to still seeing her around the village.

On behalf of all of the staff at St Paul's, I would like to thank all of the parents for their support this year and for their kind gifts and cards. It is greatly appreciated. We hope that you all have a safe and relaxing summer break.

Miss Roberts and the Staff at St Paul's First School

We look forward to welcoming all of our children in Years 1, 2, 3 and 4 back to school on Tuesday 3rd September.

Children starting in Nursery and Reception need to check their induction packs for their start date.

**INSET Days 2019/2020**

Our school INSET days for next academic year:

Monday 2<sup>nd</sup> September 2019

Friday 25th October 2019

Friday 14<sup>th</sup> February 2020

Monday 1<sup>st</sup> June 2020

Monday 20th July 2020

**Water Bottles / Bags**

In September, children will only be permitted to bring clear water bottles to school. Please ensure that your child's water bottle has their name written on it.

Could we also politely remind parents that children do not need to bring rucksacks to school each day. They only need to bring their school book bag and lunchbox from home on a daily basis. PE kits can be left on pegs/in lockers.

**Goodbye and Good Luck to Year 4**

We also say goodbye to Year 4 today who leave us today to continue their learning journeys at Middle School in September. We will miss them around school.

**DIARY DATES 2019**

**JULY 2019**

Monday 22 <sup>nd</sup> July	INSET Day – School closed for pupils
Tuesday 23 <sup>rd</sup> July to Friday 30 <sup>th</sup> August	Summer Holidays

**SEPTEMBER 2019**

Monday 2 <sup>nd</sup> September	INSET Day – School closed for pupils
Tuesday 3rd September	School reopens for pupils in Y1, Y2, Y3 and Y4 - Staggered intake for Nursery/Reception
Friday 25th October	INSET Day—School closed for pupils



The School Association drive activities and fundraising events, but to keep this going strong, all help is welcome!

If you would like to get involved, which can be as little or as much as you like. Please e-mail [pta@st-pauls-coven.staffs.sch.uk](mailto:pta@st-pauls-coven.staffs.sch.uk)

or join our Facebook page –  
St Paul's First School Coven School Association



**#ChooseSelfCare** is a project to empower people across Staffordshire to embrace self-care, ensuring they have information around which common conditions can be treated at home and how symptoms can be eased with help from over-the-counter remedies and advice from local pharmacists, 111 or the NHS app.

We're asking for your help to encourage people to visit their pharmacy, call 111, use the NHS app or seek other advice and use over-the-counter medicines before booking at GP appointment to get a prescription.

When you're feeling ill with a minor illness like a cold or sore throat, or have picked up a minor injury, do you know how to treat the symptoms at home?

Health experts in Staffordshire are encouraging us all to take control of our health and wellbeing so we can get better sooner.

It's called 'self-care' and aims to empower us to know how to recognise symptoms, know how to treat them as soon they appear using over-the-counter medicines, and when to get more advice from a pharmacist or NHS 111.

Dr Helen Stokes-Lampard, GP in Staffordshire, said: "No one wants to have to wait for an appointment only to be told to go and see a pharmacist, but for many conditions that's what you need.

"What we want to do is to be able to give you the tools to spot symptoms, know how to treat them and when to get more advice.

"Self-care is just as it sounds, it's looking after yourself to the best of your ability when you have a medical problem, and there are a wide range of things you can do to help yourself and be ready for when minor illnesses and health issues start.

"You can start soothing things like sunburns, coughs and headaches, straight away with remedies in a well-stocked first aid kit and medicine cabinet. By treating common ailments with self-care they can be resolved quickly and you can get back to enjoying your life."

We recommend always having the following items at home – all for fewer than £10:

- Painkillers such as ibuprofen and paracetamol
- Aspirin (should not be taken by children under 12)
- Antihistamines for allergies and hay fever
- Diarrhoea relief
- Constipation relief
- Throat lozenges
- Antacids

Dr Helen, added: "If you need any further advice, I would recommend visiting your local pharmacy, or if it is more urgent, call NHS 111.

"Both of these services are excellent options for dealing with any non-emergency medical concerns."

Dr Gill Hall is a Community Pharmacist in Staffordshire, she said: "Community pharmacists like me are your port of call when you need help or advice about health needs, we can talk through your symptoms, look at other medications you may be taking, and give you the best advice."

"There's no need for an appointment and you can talk to us in private, confidentially, and if we can't help, we'll direct you to the most appropriate local service." NHS 111 is much more than a helpline. You can speak to fully trained advisors available 24 hours a day, 7 days a week, who can put you straight through to a relevant healthcare professional, including nurses, emergency dentists, or even GPs. The advisors can also arrange face-to-face appointments, and if you are assessed as needing an ambulance, one will be sent directly.